

# NRS INSTITUTE

## Professional Program Overview

The NRS Professional Program offers pro baseball players in the Greater Toronto Area, the opportunity to transform their career with our multitude of cutting edge programs involved in the space. Utilizing our base of coaching talent and our tested four-phase development model, players and coaches can expect marked improvement in both skill and overall player health; as well as the proper exposure before Spring Training.

With the NRS Professional Program, players can expect to receive the following:

*Full Diagnostic Assessments*

*NRS Staff Programming*

*NRS Pro Day*

*NRS Institute Programming Exclusives*

## **Full Diagnostic Assessments**

- *Functional Range Assessment® (FRA®) Mobility Screens:* The FRA® Mobility Screen is currently the standard bearer in player development across all major professional sports. These reports will give players, coaches, and parents a better understanding of how they move; and specific problematic areas that need improvement



- *Rapsodo®, HitTrax®, and Blast Motion®:* Rapsodo®, HitTrax®, and Blast Motion® are three of the most prevalent player development technologies being used in professional baseball today. By using this technology to create a baseline player report, we can actively measure a player's positive progression over time.

**Rapsodo**  
BASEBALL

**HitTrax®**

**BLAST®**

- *High Speed Video Analysis:* By using our high-speed cameras, our trainers will be able to better define certain areas in both the hitting and pitching movements that need to be addressed. As well, players can self-analyze themselves to see first hand some of the problematic areas that need improvement.

## NRS Staff Programming

As part of the NRS Professional program, you will be working alongside some of the top baseball minds in Canada. These members of our staff have worked with multiple professional players; and have a proven track record of helping players progress across their professional careers.



**Dr. Michael Chivers**  
*BPhE (Hons), DC, FRCCSS(C)*

### ***Executive Coordinator, Athlete Management***

Dr. Michael Chivers is one of the top athletic development minds in North America; having consulted for a professional team in every major Sport (NFL, NBA, MLB, NHL, MLS). With a background in baseball, he has specifically consulted with 15 MLB organizations on athletic training principles; and rehab strategies.

As part of the NRS Professional program, Dr. Chivers will be overseeing pro athletes development; and individual programming. He will also be tracking metric data – such as end-range mobility & HRV metrics – for tangible improvement in athletic capacity.



**Greg Byron**

### ***Lead Player Development Coach, Baseball***

Greg Byron comes to NRS with one of the most decorated Canadian coaching resumes available. With experience at the AAA level, and multiple NCAA DI colleges, Greg has had a knack for creating high level talent at the professional level.

Throughout his career, Greg has worked with some of the top talent in both the STL Cardinals and Minnesota Twins organizations; as well as develop over 40 professional pitchers at the collegiate and HS level.

Greg also amassed quite the playing career himself; playing professionally for over 5 years; as well as for Team Canada at the national level in 2011.

# NRS INSTITUTE

Pro Day – January 2021




Our goal with the Pro Day, is to offer an exclusive exposure opportunity for NRS athletes; to help those looking to get a job for Spring Training. By leveraging our network of MLB Scouts and Player Development Directors through our professional staff and corporate partners, we expect our pro day to be very successful in later January.

*Some of the expected MLB organizations to attend:*



## NRS Institute Programming Exclusives

As part of the NRS Professional Program, you will be involved in our cutting edge partner programs; as part of their R&D research for their products:

	<p><i>Dr. Michael Chivers is personally overseeing, and tracking athlete programming for those involved.</i></p> <p><i>You will be expected to follow your individualized program – and use relevant technology needed for tracking (such as a WHOOP Band) – outside of the facility space.</i></p>
	<p><i>Pro athletes will have access to Trajekt Sports T1™ Machine, which is the world's first pitch replication robot.</i></p> <p><i>As part of this program, some hitters will be subjected to Trajekt's player development case study; which would show tangible improvement against pro pitching over the off-season.</i></p>
	<p><i>Pros will be expected to complete two Clutch Factor Assessments™, which actively measure and quantify one's clutch capabilities.</i></p> <p><i>As well, players will be expected to take part in Clutch Factor's ongoing consultations with staff; to work on programming mindset changes</i></p>

## Session Overview

Each professional training session will include the following:

### **1.5 hours - Skill Development**

Individualized Programming for each player by NRS Staff

Use of NRS Institute Player Development Technology

### **1 hour - Strength & Conditioning**

Individualized Programming for each player by NRS Staff

These sessions will run for 24 weeks (except for specified holiday times) from November of the current year, to April of the following year. Each professional program will have specified training dates and times that are fixed, over the span of the program. For players that have professional contracts, training would commence until Spring Training report date.



### **Professional Program Package – 4x/week**

#### Training Times:

*Monday/Tuesday/Thursday/Friday – Players to be assigned set workout times between 9 am – 4 pm*

Start Date: November 9, 2020

End Date: May 7, 2021

Assessment Dates: To Be Determined; work with NRS Staff schedule

#### Excluded Session Dates:

*Family Day (Feb 15), Christmas Break (Dec 21 – Jan 4), March Break (March 15 – 21), Easter Weekend (April 3 – 5)*

Total Payment per player: *FREE* – for select professional players

#### Expected Partner Program Involvement:

- FRA/FRC: Data Collection & Individualized Programming
- Trajekt Sports: Hitting Case-Study
- Clutch Factor: Clutch Factor Assessments & On-Going Consultations

#### Expected Tech to be used by athlete:

- WHOOP Band
- Blast Motion Profile
- Rapsodo Profile